



# WHEN THE SPIRIT MOVES

## Feasting on the Fruit of the Spirit

September 22, 2024 Message Notes  
*Galatians 5:1, 22-23*

### NOTES

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.” 2 Corinthians 3:17

No other letter in the New Testament speaks to freedom as poignantly as Paul’s letter to the Galatian church.

“My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.” Galatians 2:20



“He has removed our sins as far from us as the east is from the west.”  
Psalm 103:12

“So if the Son sets you free, you are truly free.” John 8:36

Jesus loved us all the way to death, and now the same Spirit who once lived in Him lives in every one of us who believe.

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” Galatians 5:1

At one time, sin was our master and our selfish pride wore it like an overweight burden.

“Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.’”  
Matthew 11:28-30

The quality of the yoke we (all) wear is determined by the master who gives it.

“You have been called to live in freedom, my brothers and sisters. But don’t use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. For the whole law can be summed up in this one command: Love your neighbor as yourself. But if you are always biting and devouring one another, watch out! Beware of destroying one another.”  
Galatians 5:13-15

The quickest way to exchange our freedom for an unbearable yoke of slavery is by choosing the self and dismissing the other.



Three yokes replaced the Galatian churches witness to Jesus with burden and condemnation.

**1. Traditionalist Christianity** - prioritizing traditions and customs over loving God and others.

- Jesus isn't inviting us to uphold traditions. He's inviting us to live free and reach more.

**2. Legalistic Christianity** - earning God's favor through rule following and good behavior.

- Jesus isn't inviting us to live by a set of unattainable rules. He's inviting us to live free and reach more.

**3. Permissivist Christianity** - do what feels right in the moment.

- Jesus isn't inviting us to do what you want, when you want to do it. He's inviting us to live free and reach more.

- Traditionalists keep their eyes fixed on the past.

- Legalists view others with judgment.

- Permissivists get stuck in passivity.

None of these views seek to serve others in love.

So, how shall we live?

“So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires.” Galatians 5:16-17

Our sinful nature produces yucky, rotten fruit that poisons our lives; God's Holy Spirit yields fruit continually that not only pleases the eye but nourishes the deepest parts of our soul.



“The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!” Galatians 5:22-23 (NLT)

How do you know if you're truly free? Does your life bear these 9 fruits?

“Happy is a yuppie word.” Bob Dylan

The dictionary defines **kind** as tender and warmhearted. But the Greek word for **kindness** is χρηστότης (cray-stow-tays), which literally means “uprightness in one’s relationships.”

“For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. So God can point to us in all future ages as examples of the incredible wealth of his grace and **kindness** toward us, as shown in all he has done for us who are united with Christ Jesus.” Ephesians 2:6-7

Every time this word appears in God’s Word it refers to transformation.

God desires to do more in you than simply increase your moral (kind) behavior. His kindness brings forth an upright life rooted in transformation.

**Kindness** -- living an upright life in Jesus--is the keystone that holds all the fruit together. This is true freedom.

How might others turn to Jesus through our kindness -- our steady, strong upright life?

“Don’t you see how wonderfully **kind**, tolerant [forbearing], and patient God is with you? Does this mean nothing to you? Can’t you see that his kindness is intended to turn you from your sin?” Romans 2:4



The question is not whether you will bear fruit, but **what kind of fruit you will bear.**

